

Hey everyone, it's Madison!

- **When I took STEP & why:**
 - May 9th. Originally, I was going to take it May 14th but with the stress of moving to Springfield the next week, taking a vacation in late May, and feeling prepared enough I decided to move it up.
- **My studying style:**
 - Really learn the content for each block and keep up with the Anki for it. Sometimes anki was the only thing I could convince myself to do in a day.

1) Resources I Used and How I Used Them

- First Aid
 - I started taking all of my notes in here in like block 2 (PDF on notability). Best decision ever. Basically, a giant study guide.
- Anking
 - Used this consistently since block 1, but really stepped up my game in M2. I selectively unsuspending cards and kept them unsuspending for each block (some people go back and suspend previous block content. I wouldn't recommend that). Really helped decrease the stress on step studying because I had already flagged content that I had forgotten from previous blocks.
 - Unsuspending cards about topics I would get practice questions wrong about
 - I did around an hour a day. Was prone to use the Postpone button on the weekends
 - **Get a remote**. Honestly a game changer when adding that to a standing desk/ propping your laptop up on something
 - *I also downloaded the DOPE anatomy deck because I found the pictures more helpful than the anking description cards about anatomy stuff
- Amboss
 - I set a Step 1 study plan for Questions and stuck to around 40 questions 4x a week from January to May. A lot of these were way harder than necessary, and there was no way to filter content I hadn't studied yet (like bone and breast cancers), but I would still recommend it.
 - Consulted all their articles for PBL cases and topics I was struggling on.
- Sketchy Pharm/Micro
 - Didn't love some of the pharm vids. Micro was very helpful. Definitely at least attempt to watch all of them. For sure have it down in block 8.
- Pathoma
 - Not even a question. Watch all of these for the block they correlate to. I watched a couple of the topics I was unsure about again. I liked highlighting in the PDF to follow along with the video and then consolidating my notes in First Aid.
- UWORLD
 - Start in January. Do relevant questions for the block. Do the math and leave some wiggle room at the end for how many you need to do a week
 - Took the Practice Tests 6 and 4 weeks before my exam, then did the NBME Practice test the week before
- OnlineMedEd
 - I found these videos more engaging than BnB. Still watched BnB in M1, but honestly found these videos more helpful, especially for pathways.

2) Plan/Study Day

- Can't say I ever had a consistent day to day study schedule. Learn the block material for each case. Finish the relevant pathoma, review anki, do practice questions. I did that at random times during the day. Usually, I set goals in my bullet journal. Sometimes I would complete them...
- I had big plans to go back and watch all of BnB, most of which I previously watched in M1. I didn't do that. I like the **OnlineMedEd** videos better.
- Started going to the library to focus study in Block 7 or so, and wish I had done this way earlier. Trying to study while watching TV ended up in 3 hours of little work done and no relaxation. Wish I would have separated that completely earlier on.

3) Staying Sane

- **Exercise.** My backpain was unreal around block 7 and 8 exams just from lack of movement. (Although I do love a good wAnki. The right treadmill + remote made anki kind of fun. I only discovered this like my last month of studying though)
- Go do stuff on the weekends
- Pomodoro if you are really struggling to get going. This especially helped with convincing myself to do anki for at least 25 minutes a day.

4) Things I Wish I Done Differently

- **Be more consistent with UWORLD:** I was terrible about pushing this off. I probably would have done it if I used cramfighter or something, but it was all too easy to delete my proposed 40qs on any given day from my spreadsheet. I would do 40 every day for one week, and then only managed to do 20 questions total another. I only finished about 80% before taking Step, which I regret. I was much more consistent with the prescheduled amboss study plan
- **Really learn the basics in M1/early M2.** This is mostly regarding the autonomic drugs and basic pathways for G-proteins etc. Once I finally learned that pathways/effects it was so much easier to learn the drugs. Also, probably should have settled in and learned antibiotics before block 8.